



Ciabatta: a delicious Italian flat bread

INGREDIENTS	QUANTITIES
White bread flour or type 45	1000 g
Arom Sécurité (inactive rye sourdough)	50 g
Water	700 - 800 g
AB Mauri fresh yeast	20 - 30 g
Salt	18 g



PROCESS	
Mixing	Knead until a thin and elastic dough is obtained.
Dough Temperature	26° - 28°C
Bulk fermentation	60 min at 25°C
Division	Stretch carefully so as not to degas and form a crust.
Shaping	Cut rectangular pieces (40x15 cm)
Final Proof	20 min
Baking	Bake at medium temperature with little steam. Open the shot at the end of baking.



Tips: Add rye flour to decorate